



Gymnastics & Tumbling

Class overview: Silver Stars Gymnastics provides a program designed to promote age appropriate skill development in the fun and safe environment of our Olympic style gym. Your child will be able to build an athletic foundation for all sports through the strength, flexibility and coordination that only the challenge of gymnastics can offer. As your child progresses, we seek to develop such principles as: goal setting, time management, sportsmanship, dedication and discipline. All of these aspects of learning contribute to a positive self-image and personal success.

Silver Stars Gymnastics utilizes the newest and most imaginative gymnastics equipment to introduce technical gymnastics training. Spotting and safety mats are used to introduce new skills. Beyond gymnastics, children practice how to stay in line, take turns, and follow instructions from the coach. Prices based on one class per week.

Comets: ages 5 & 6 years

Whether a beginner, intermediate or advanced gymnast Comets classes offer a chance for your child to enjoy gymnastics and have fun. Throughout the session the children learn progressive gymnastics skills on all of the four Olympic events: *vault, uneven bars, balance beam, and floor exercise* as well as the trampoline and rope.

Meteors & Asteroids: ages 10+ years

The curriculum is based upon the USA Gymnastics Jr. Olympic guidelines. Throughout the session the children learn progressive gymnastics skills on all of the four Olympic events: *vault, uneven bars, balance beam, and floor exercise* as well as the trampoline and rope. These classes are grouped by age and good for the beginner, intermediate and advanced athlete.



Tumbling & Trampoline

ages 5 years & up

Tumbling and Trampoline classes teach boys and girls the skills for forward rolls, backward rolls, handstands, cartwheels, round offs and flipping. After warm-up the students will spend time on trampoline, double mini, tumble trak, floor and rope. Children safely learn to jump, tuck, twist and flip using our assorted trampolines. The coaches may introduce other pieces of equipment into the class such as bars, climbing net and beam to continue building strength, coordination, flexibility and technique. These classes are grouped by age and good for the beginner and intermediate athlete.

Fun Fitness: ages 5-9 years (boys only)

Fun Fitness is a boys only tumbling class that teaches basic strength, tumbling progressions and skills. This one-hour class is designed to keep the boys moving throughout the gym.

T’N’T: ages 7-9 years (co-ed) • T’N’T: ages 10+ years (co-ed)

Whether a beginner, intermediate or advanced gymnast, these classes offer a chance for boys and girls to enjoy gymnastics and have fun. Silver Stars Gymnastics provides a non-competitive, achievement-oriented program of progressive skills, conditioning and flexibility.

T’N’T Preteam: 2 days per week

Tumbling and Trampoline Pre-team is the stepping stone to our USAG T’N’T program. We require the gymnasts to attend two times per week year-round and prepare the skills necessary for competition. Participation on our competitive team will require a 2-3 day per week year-round commitment based on level.

By Invitation Only

Shooting Stars

2 days per week

The Starburst & Shooting Stars Pre-teams are the stepping stone to our Women’s Artistic Gymnastics Program. Girls ages 3 to 8 years old are invited to try out for the Starburst & Shooting Stars classes. We require the gymnasts to attend two times per week and prepare the skills necessary for competition. Participation on our USAG or Mason Dixon competitive team will require a 2-3 day per week year-round commitment based on team level.

Galaxy Team

2 days per week

The Galaxy Team is a recreational team program being offered to girls ages 7 and up at all skill levels. We require the gymnasts to attend two times per week and prepare the skills necessary for exhibitions. In this team, girls are not only learning about gymnastics, but also about teamwork, performing in front of an audience, and self-motivation. The Galaxy Team is designed to teach girls strong basic skills and prepare girls for the option of joining the Mason-Dixon gymnastics league at Level A if they are interested in competitive gymnastics.